



2016 SWIM LESSONS CLASS DESCRIPTIONS

PARENT/TODDLER

A fun and safe way for parents and toddlers to enjoy the pool in a relaxed yet structured class environment.

LEVEL 1—INTRODUCTION TO WATER SKILLS *Helps students feel comfortable in the water and to enjoy the water safely – blowing bubbles; moving through water!*

Get face and head completely under the water

Practice floating on front and back (with support), Practice flutter kick and whip kick on front and back (with support)

Practice moving arms forward and backward on front and back (with support), Blow bubbles from mouth and nose

In order for students to pass, they must be comfortable in the water by themselves and be able to get their head completely underwater.

LEVEL 2—FUNDAMENTAL AQUATIC SKILLS *Gives students success with fundamental skills- floating; submerging face and ears; kick development!*

Swim by themselves on front and back at least 10 feet

Be able to float on front and on back by themselves in the little end of the pool

Be able to go underwater to get an object, Be able to open eyes underwater (no goggles preferred)

In order to pass the class, students must be able to float on their back and front as well as start swimming independently

LEVEL 3—STROKE DEVELOPMENT *Builds on the skills in Level 2 by providing additional guided practice.*

Introduction to front and back crawl in the middle end of the pool

Introduce floating in deeper water, Dolphin kick, Whip kick, Frog kick, Scissor kick, jumping into the deep end of the pool

Be able to tread water in the middle end for 30 seconds

In order to pass the class, students must be able to perform the "wave" motion from the dolphin kick and be able to float in the middle end of the pool, as well as being comfortable with jumping into the deep end of the pool

LEVEL 4—STROKE IMPROVEMENT *A continuation of stroke development: this level develops confidence by improving and broadening aquatic skills.*

Swim front crawl across the pool, Swim back crawl across the pool

Learn Side stroke, Learn Breaststroke, Learn Elementary Backstroke, Introduce Butterfly

Be able to tread water in the deep end for at least 1 minute

Be able to dive head first into the deep end of the pool. (sitting, kneeling, and standing)

LEVEL 5—STROKE REFINEMENT *Provides further coordination and refinement of strokes.*

Front crawl 50 yards, Back crawl 50 yards, Side stroke 25 yards, Breaststroke 25 yards, Elementary Backstroke 25 yards, Butterfly (kick and arm motion) for at least 15 yards

Tread water using two different kicks for 2 minutes each

Dive into the deep end of the pool, Introduce: Surface dives

LEVEL 6—SWIMMING AND SKILL PROFICIENCY *Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances.*

Front crawl 100 yard, Back crawl 100 yard, Side stroke 50 yards, Breaststroke 50 yards, Elementary Backstroke 50 yards, Butterfly 25 yards

Tread water for 5 minutes with 2 different kicks

Pike surface dive, Tuck surface dive, Feet first surface dive, Shallow dive into the deep end of the pool

GUARD START

Practice swimming for at least 500 yards continuously (100 free, 100 back, 100 breast, 100 elementary backstroke, 50 side stroke, 50 butterfly)

Practice swimming with rescue tube, Tread water with arms above the head for 5 minutes

Swim to the bottom on the pool to retrieve an object and bring it back to the surface

Introduce CPR and First Aid

Benjamin Hill Park
 Phone 978-425-9536
 Off season phone 978-660-0100
 Email benjaminhillpark@gmail.com



Benjamin Hill Park Committee
 Located at 93 Benjamin Rd.
 Mailing Address PO Box 372
 Shirley, MA 01464

2016 SWIM LESSON REGISTRATION FORM

(Please use a separate form for each student.)

STUDENT'S NAME:	PARENT'S NAME:
LEVEL:	ADDRESS:
PHONE:	EMAIL:

PLEASE <u>CIRCLE</u> DATES	PLEASE <u>CIRCLE</u> LEVEL AND TIME
SESSION 1 June 27 - July 1	PARENT/TODDLER AM: 11:30-12:00 (Class only held during sessions 4, 5, & 6)
SESSION 2 July 4 – July 8	LEVEL 1 or LEVEL 2 AM: 10:00-10:30 10:30-11:00 11:00-11:30 11:30-12:00 PM: 5:00-5:30 (Evening classes will not be held during session 1)
SESSION 3 July 11 – July 15	LEVEL 3 AM: 10:00-10:45 11:00-11:45 PM: 5:30-6:00 (Evening classes will not be held during session 1)
SESSION 4 July 18 – July 22	LEVEL 4 or LEVEL 5 AM: 9:00-9:45 10:00-10:45 PM: 6:15-7:00 (Evening classes will not be held during session 1)
SESSION 5 July 25 – July 29	GUARD START or LEVEL 6 AM: 9:00-9:45
SESSION 6 Aug 1 – Aug 5	
SESSION 7 Aug 8– Aug 12	
SESSION 8 Aug 15 – Aug 19	

Lessons are held rain or shine Monday through Friday each week throughout the summer!

Please note: BHP reserves the right to cancel any lesson without a minimum of 3 participants enrolled.

For the safety of all participants, no one is allowed to be in or to enter the pool and pool area unless accompanied by a Lifeguard/Water Safety Instructor.

REGISTRATION FEES

Please make checks payable to: Town of Shirley

Registration required by Thursday prior to week of lesson. Cancellation thereafter subject to a 50% fee.

Regular Swim Lessons Shirley Residents & Non-Resident Pool Members	\$35.00 per week
Regular Swim Lessons Other Non-Residents	\$50.00 per week
Private Swim Lessons	Contact Swim Director